







# DAILY FOOD GUIDE

for pregnant, breastfeeding and postpartum women of all ages

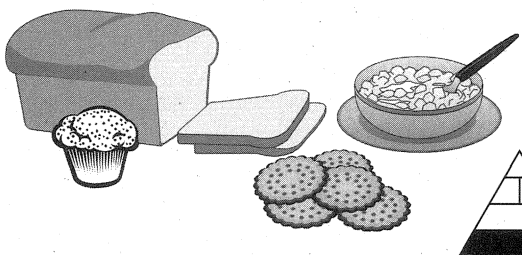

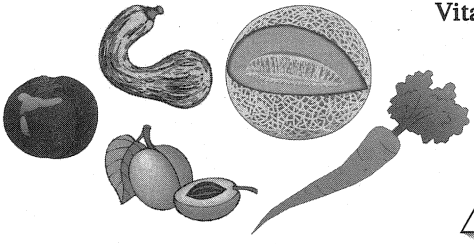
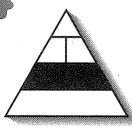
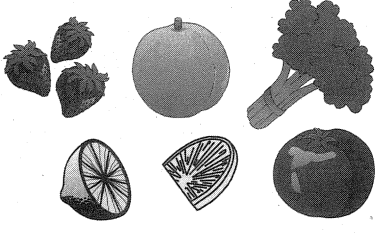
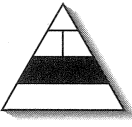
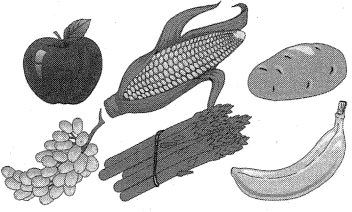
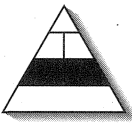
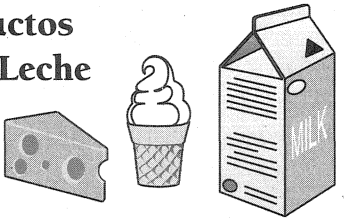
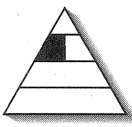
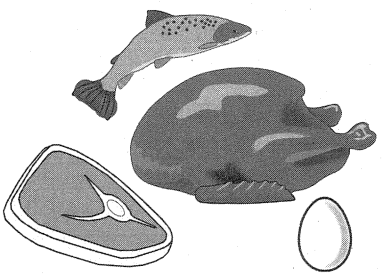
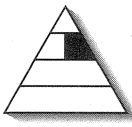
FOOD GROUP	MINIMUM SERVINGS PER DAY	SERVING RECOMMENDATIONS
<b>Breads, Grains and Cereals</b> 	<p><b>6-7</b></p> <p>7 servings for breastfeeding women</p>	<p>1 slice bread  1 small tortilla, biscuit, roll, or muffin  3/4 cup cold cereal  1/2 cup hot cereal  1/2 cup cooked macaroni, noodles, or spaghetti  1/2 cup cooked rice  1/2 bun hot dog or hamburger bun  5 crackers  2 medium pancakes</p>
<b>Fruits &amp; Vegetables</b>  <p>Vitamin A rich</p>	<p><b>1</b></p>	<p>1/2 cup cantaloupe or mango  1/2 medium papaya  2 medium apricots  1/2 cup cooked (or 1 cup raw) bok choy, greens, spinach, sweet potato, or winter squash  2 tbsp. chili peppers  1/2 cup cooked (or 1 small raw) carrots  1 medium tomato</p>
 <p>Vitamin C rich</p>	<p><b>1</b></p>	<p>3/4 cup juice (orange, grapefruit, or juice with vitamin C added)  1/2 cup cantaloupe, papaya, or strawberries  1/2 medium grapefruit  1 medium orange, lemon, kiwi, tangerine or tomato  2 tbsp. raw chili peppers  1/2 cup cooked (or raw) broccoli, Brussels sprouts, cauliflower, or green pepper</p>
<b>Other</b> 	<p><b>3</b></p>	<p>1/4 cup raisins  1/2 cup grapes or watermelon  1 medium apple, banana, nectarine, peach, or pear  1/2 cup cooked (or raw) asparagus, green beans, potato, peas, yellow-neck squash, zucchini, or corn  1 cup raw lettuce</p>
<b>Milk Products</b> 	<p><b>PRENATAL/ BREASTFEEDING</b> <b>POST- PARTUM</b></p> <p><b>4 3-4</b></p> <p>Women under 25 use larger numbers.</p>	<p>1 cup milk, yogurt, pudding, or custard  1 1/2 ounces cheese  2 cups cottage cheese  1 1/2 cups frozen yogurt, ice milk, or ice cream</p>
<b>Protein Foods</b> 	<p><b>PRENATAL/BREASTFEEDING</b> <b>POSTPARTUM</b></p> <p><b>3 1/2 2 1/2</b></p>	<p><b>Vegetable Protein</b></p> <p>1 cup cooked dry beans or peas  4 tbsp. peanut butter  1/2 cup nuts or seeds</p> <p><b>Animal Protein</b></p> <p>2 ounces cooked beef, chicken, turkey, fish, pork, or lamb  2 medium eggs  1/2 cup canned tuna or other canned fish</p>

Missouri Department of Health and Senior Services, P.O. Box 570, Jefferson City, MO 65102-0570 - Phone: 1-888-435-1464

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# GUIA DE ALIMENTACIÓN DIARIA

para Mujeres Embarazadas / Dando Pecho / Post-parto (todas edades)

GRUPOS DE ALIMENTOS	MINIMAS PORCIONES DIARIAS	PORCIONES RECOMENDADAS
<b>Panes, Granos y Cereales</b>  	<b>6-7</b>  7 porciones para amamantando.	1 rebanada pan 1 pequeña tortilla, bízquete, bizcocho, o muffin 3/4 taza cereal frío 1/2 taza cereal cocido 1/2 taza pastas cocidas 1/2 taza arroz cocido 1/2 pan de perro caliente o hamburguesa 5 galletas 2 mediano panqueque
<b>Frutas y Verduras</b>  Ricas en Vitamina A 	<b>1</b>	1/2 taza melón o mango 1/2 medianos papaya 2 medianos chabacanos 1/2 taza cocido (o 1 taza crudo) hojas verdes, calabaza de invierno, espinaca, camote, o bok choy 2 cucharadas chiles 1/2 taza cocido (o 1 pequeña) zanahorias 1 medianos tomate
 Ricas en Vitamina C 	<b>1</b>	3/4 taza jugos: de naranja, toronja, o jugo con vitamina C añadida 1/2 taza melón, papaya, o fresas 1/2 medianos toronja 1 medianos naranja, limón, kiwi, mandarina o tomate 2 cucharadas chiles 1/2 taza cocido (o crudo) brócoli, col de Bruselas, coliflor, o pimienta verde
<b>Otras</b>  	<b>3</b>	1/4 taza pasas 1/2 taza uvas o sandía 1 medianos manzana, plátano, nectarina, durazno, o pera 1/2 taza cocido (o crudo) espárragos, ejotes, papa, maíz, chícharo, calabaza de cuello amarillo, o calabacita 1 taza crudo lechuga
<b>Productos de la Leche</b>  	<b>Mujeres Embarazadas/ Dando Pecho</b> <b>4</b> <b>Después del Parto</b> <b>3-4</b> La mayor cantidad de alimentos para 11-24 años.	1 taza leche, yogurt, pudín, o flan 1½ onzas queso 2 tazas requesón 1½ tazas yogurt congelado, leche helada, o nieve
<b>Alimentos con Proteína</b>  	<b>Mujeres Embarazadas/ Dando Pecho</b> <b>3½</b> <b>Después del Parto</b> <b>2½</b>	<b>Proteína de Vegetal</b> 1 taza frijoles o chícharos, secos cocidos 4 cucharadas mantequilla de cacahuete 1/2 taza nueces o semillas <b>Proteína de Animal</b> 2 onzas carnes no crudas de res, pollo, guajalote, pescado, puerco, o borrego 2 medianos huevos 1/2 taza atún u otro pescado en lata